

# HOPWELL COMPASS POINTS

SPRING 2026 NEWS for FAMILY and FRIENDS

## FINDING HOPE AND HEALING: My Journey with OCD

A few years ago, I was living in Columbus, struggling with obsessive-compulsive disorder (OCD), a condition that requires highly specialized treatment that can be difficult to find. In 2023, I hit a particularly rough patch. What began as intense anxiety quickly revealed itself as something more. Anxiety and OCD are closely connected, and I knew I needed help.

In 2024, I found an outpatient program and began working with an OCD specialist using Exposure and Response Prevention (ERP) therapy. It made a real difference. After four months, I started to feel like I was getting my life back. But OCD has a way of creeping back in. Over time, I fell into old patterns, and my symptoms worsened. I realized that outpatient care, even twice a week, was no longer enough.

In the summer of 2025, I was admitted to a psychiatric unit. Shortly after, I discovered Hopewell through the International OCD Foundation's provider directory. I applied, visited, and became a resident from July 2025 through January 2026.

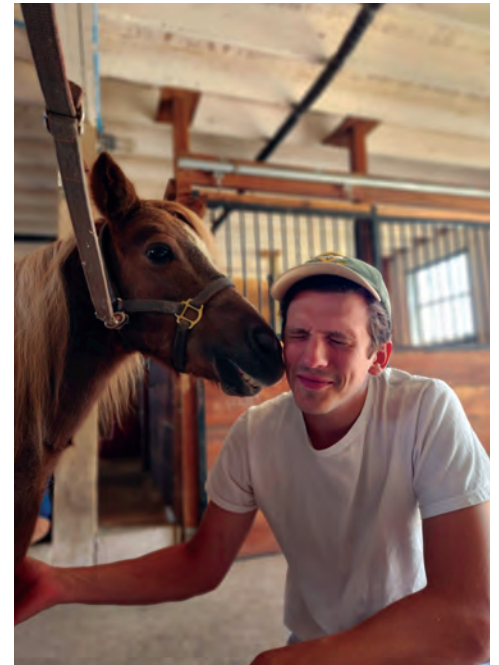
One of the most important parts of my time there was being part of the farm crew. I participated twice a day and stayed active in many other programs. There were mornings when I woke up feeling terrible, but getting

outside, working with animals, and being around other people helped me shift my focus and keep moving forward.

Music also played a role in my recovery. I'm a drummer, and I found ways to keep that passion alive. At one point, I even performed with another resident who played guitar, an experience that reminded me of the joy I could still feel.

What truly set Hopewell apart for me was the sense of community. When I first arrived, I didn't know what to expect. I had concerns about connecting with others facing different mental health challenges. But I quickly realized something powerful: we're all just people navigating our own struggles. I built meaningful friendships that continue to this day.

The staff made a lasting impression as well. In many mental health settings, negative experiences can happen, but at Hopewell, I was consistently treated with respect and kindness. Whether working alongside staff on the farm or even playing pickleball together, I felt supported in a genuine way. That support helped me believe I could live independently again.



*Hanging out with Brandi*

Today, I'm back in Columbus, working part-time and exploring career options with continued support from my Hopewell therapist. I also stay connected through Hopewell's Club Hope program, which remains an important part of my life. Thanks to my time at Hopewell, I went from hopeless to hopeful.

OCD can still be challenging. It has a way of kicking you when you're down. But Hopewell gave me something I didn't have before: hope, along with the tools and confidence to face whatever comes next. I've learned that I can do hard things, and I don't have to do them alone.



A THERAPEUTIC FARM COMMUNITY

COLLEEN WELDER, Chief Executive Officer



## Dear Hopewell Community,

In Northeast Ohio, spring is always much anticipated and enthusiastically enjoyed. At Hopewell hyacinths, daffodils, and tulips are in bloom, conversation about baby chicks and pigs abounds, and you can feel the hope of longer days, blue skies, and warm sunshine in the air.

Hope is a common theme in our therapeutic community and deeply tied to our mission. In reflecting on hope, our obsessive-compulsive disorder (OCD) treatment is brought to mind. Roughly 1 in 40 adults in the

United States lives with OCD. Individuals with OCD often feel driven to engage in behaviors (compulsions) they believe help them manage or prevent perceived dangers (obsessions). Engaging in obsessions and compulsions can gradually narrow a person's routines and experiences until they are living a life far away from where they want to be. With the right support, however, people can learn to regain their lives and become open to a broader future. As a former resident shared, "Before Hopewell, there was a lot of darkness. Now I have hope."

Hopewell launched its OCD program in 2019, led by clinicians with specialized training in Exposure and Response Prevention (ERP), the most effective, evidence-based treatment for OCD. A form of Cognitive Behavioral Therapy (CBT), ERP helps individuals gradually confront their fears in a safe, supportive environment while learning to resist the urge to engage in compulsive behaviors.

I do not often speak to a broad audience about specific treatment modalities, but I want to honor the expertise of our clinicians and our program by addressing it to all of you as part of the Hopewell community. It is through this clinical excellence that we fulfill our mission to provide adults with serious mental illness an opportunity to live a self-reliant and satisfying life.

During Mental Health Awareness Month (May), I hope that we can all embrace the theme "More Good Days, Together." Hopewell was founded on the principal of connection — in community, in nature, and in work. Challenge yourself to renew and strengthen those connections in your own life this spring.

Kind regards,

Colleen Welder, RN-BC, MBA  
Chief Executive Officer

PLEASE SUPPORT  
THOSE STRUGGLING  
WITH MENTAL ILLNESS.



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Clara T. Rankin

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## COMPASS POINTS

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Chagrin Falls, Ohio 44022  
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[hopewellcommunity.org](http://hopewellcommunity.org)

# summer SOLSTICE

Friday, June 26, 2026 at 6 pm

THE CHAGRIN VALLEY HUNT CLUB | 7620 OLD MILL ROAD, GATES MILLS, OH

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## TODAY!

We are looking forward to seeing everyone at our signature fundraising event! If you're not able to attend, you can still take part in our silent auction a week before the event. We will share details via email, and a link will also be posted on our website so you can participate from anywhere.



[https://hopewellcommunity.org/  
events/summer-solstice-2026/](https://hopewellcommunity.org/events/summer-solstice-2026/)



## WELCOME to *Our New Hopewell Board Member*



**Farnham Rankin** is the founder of Draycott Avenue, where she focuses on advising companies in finance, technology and luxury hospitality. This includes areas ranging from business development, growth and capital strategy. She brings experience across multiple sectors, with previous roles at BlackRock, Broadridge, Nasdaq, Stability AI and Cookson Adventures.

Farnham earned her degree from Hobart and William Smith Colleges with a BA in Art History and European Studies. She joins the organization with a deep personal connection to its history. Originally founded by her grandmother, Clara T. Rankin, her late father Roger F. Rankin served as an active board member and supporter. Farnham sees this as a continuation of the family legacy with the opportunity to proudly contribute to the community in which she was raised.

She divides her time between New York City and London, working globally. Outside of her business activities, she travels extensively to pursue her interest in cultural exploration and the fine arts.



## *Artist in Residence* CHELSEA HOLISKY

Visiting artist **Chelsea Holisky** recently led residents and staff in a creative, hands-on workshop crafting resin suncatchers inspired by the natural world. Using leaves, flowers, colorful marbles, and stones gathered from the grounds, participants designed vibrant circular pieces.

Each person thoughtfully arranged their materials before preserving their designs in resin. The following day, the group returned to transform their creations into hanging mobiles, using branches and fishing line to display the finished suncatchers in motion.

**Art Therapist Kala Mansfield, LPC, ATR-P**, explained that part of the therapeutic nature of art therapy is to get out in nature, socialize with each other, and create art. Holisky, a former Hopewell resident, reflected on the personal impact of the process. “I find it meditative,” she said. “Creating something that resembles a mandala helps me practice mindfulness.”

## *Creative Circle* OF WOMEN VENTURE OUTSIDE

On a briefly sunny April afternoon, the Women’s Group took creativity outdoors, filling the sidewalk with fun and inspirational chalk drawings for all to enjoy on their walk to dinner. Messages like “I Be Leaf in You,” “Nurture Your Spirit,” and “I Hope You’re Well” brought smiles—if only for a short time. Within the hour, rain swept through and washed the artwork away, a gentle reminder of the fleeting nature of the moment.

**Clinician Nicole West, LPCC-S** shared that the purpose of the Women’s Group is connection. They engage in a variety of activities for all dimensions of wellness alongside the perspectives of other women who both experience similar life challenges and share diverse supports to offer one another.

That spirit of connection shows up in many ways. The group has visited local coffee shops, explored love languages, and held meaningful discussions about how community supports mental health goals. They’ve baked holiday cookies, created cards for nursing home residents, enjoyed a movie day featuring Jurassic Park, and spent time coloring and participating in a photography scavenger hunt.

Next up, the group is planning a “gratitude iced tea stand” at Hopewell—a refreshing way to share appreciation and brighten someone’s day.



# *Renovated* RESIDENT ROOMS



Over the past few years, Hopewell has made significant updates to our farm buildings, including new roofs, renovated bathrooms, and replaced flooring. We've now begun planning the next phase: renovating resident rooms in each cottage. Chloe Rankin Seelbach, granddaughter of Clara Rankin, is leading the design and has created a beautiful vision for these spaces. We would love to give you a tour!

## *League of Distinguished Gentlemen* GATHER FOR BONFIRE

Telling stories is always easier by a campfire. That's what **Clinical Director Daniel Horne, LPCC-S, LSW**, learned at a recent Men's Group gathering as residents shared childhood experiences with campfires, campfire food, and travel.

One resident shared a new take on s'mores: toasted marshmallows on saltines with extra crunchy peanut butter. Three at the gathering were in Cub Scouts. Two have scuba dived. One resident hiked the Appalachian Trail alone for three months, while another hiked the trail for three days. Other traveling experiences included California, Jamaica, and a trek to India led by Gandhi's 80-year-old grandson. Favorite birds included red-winged blackbirds, bluebirds, cardinals, sparrows, and chickadees. All agreed that hotdogs roasted on an open fire were the best!

**Clinician Carl Vondracek, LPCC-S** said, "Men's Group feels supportive, respectful, and collaborative. Over time, the focus has naturally leaned toward shared activities, movement, getting out into the community, and building real connections with one another. We are intentional about using the group to strengthen peer relationships, especially by helping newer residents connect with those who have been at the farm longer. This opens the door for mentorship, leadership, and mutual support to develop organically."

Men's Group has also played cornhole, pickleball, and basketball, taken a trip to the community for coffee and conversation, and explored the farm on nature walks. Carl continued, "These experiences tend to make it easier to engage, have fun, and get to know one another in a more natural way. At the same time, the group supports each person's growth by encouraging connection, a sense of belonging, and increased confidence in themselves and others."



## OUR TEAM, OUR PASSIONS:

# Floyd Davis

“How can Hopewell produce a lot more food to add to the nutrition program?” That is the question driving **Garden Manager Floyd Davis** since joining Hopewell in November 2025.

“My vision is to build the garden program so that we supply the most nutrient dense food that we can for the benefit of residents. We will develop healthy soil with active biology, expand year-round production, and provide a variety of selections for the kitchen to prepare so residents have a diversified diet,” Floyd explained. “We will also provide beauty by working with flowers and landscaping the grounds.”

Floyd ran a successful family farm in Kinsman which supplied vegetables in volume to restaurants, schools, colleges, universities, wholesale, and for community sponsored agriculture. Floyd also owned two restaurants in Kinsman. He recently downsized production, sold his restaurants, and opened a new chapter of his working life when he came to Hopewell.

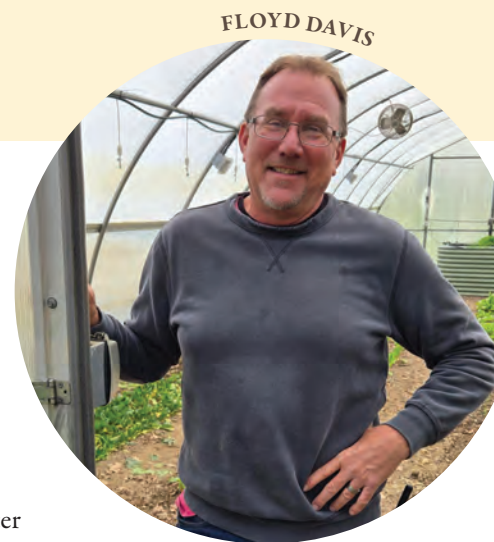
Floyd’s restaurant experience comes in handy as he works closely with **Food Service Manager Doreen Brown**, asking about her needs, what produce she currently uses, and what she would like to add to residents’ diets.

Floyd continued, “We’ll grow summer basics, of course, the workhorses like tomatoes, peppers, cabbage, broccoli, and cauliflower. Zucchini and yellow squash round out the list to add fresh vegetables to meals.” Floyd also mentioned storing winter squashes, such as butternut and acorn, in a cold cellar.

This summer, the Garden Crew will grow flowers and sunflowers in a cut flower garden and milkweed to attract butterflies. Floyd started seeds with the Garden Crew in the winter with an eye towards spring and summer. “Outside, there will be a lot of work opportunities, like making flower arrangements, picking ripe vegetables, washing, packing, and bringing them to the kitchen. And with everything I do, I incorporate a bit of education.”

Floyd has an easy, unrushed manner and he enjoys interacting with residents at lunch and on group walks.

Thank you, Floyd, for everything you do for Hopewell!



## Raise the Roof

A hoop house the size we need (see below) costs up to \$30,000. **We need 150 donors to contribute \$200 each to bring Hopewell’s hoop house to life.** Donations can be made by check, mailed to the Hopewell Development Office (147 Bell Street #303, Chagrin Falls, OH 44022), or online via the QR code. Please add “Hoop House” in the comments so your gift is directed to this project.

## *What is a Hoop House and Why Do We Need One?*



Is it really possible to grow vegetables 12 months a year in Ohio without supplemental heat or light? According to **Garden Manager Floyd Davis**, the answer is yes, with the help of a larger hoop house.

“While Hopewell currently has a small high tunnel greenhouse (hoop house), it’s time to expand,” says Floyd. “We are talking about 26 feet wide and 96 feet long, which would allow us to grow vegetables all year round.”

A larger hoop house would significantly increase the amount of produce available for Hopewell’s nutrition program and create more opportunities for Garden Crew members to participate in planting, caring for, and harvesting vegetables throughout the year.

# HONORARY & MEMORIAL GIFTS

FEBRUARY 28 – APRIL 27, 2026

## IN HONOR OF

**Carole Obernesser**  
Julie and Brinton Hyde

**Peggy Wasserstom's milestone birthday**  
Mrs. Mel Shafron

## IN MEMORY OF

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*We apologize for any errors or omissions.  
Please contact the Development Office at  
440-247-0912 so that we may correct  
our records.*

## Donating to Hopewell? CONSIDER YOUR DONOR ADVISED FUND

As a 501(c)(3) non-profit organization, Hopewell, EIN #34-1739967, may accept gifts through your donor advised fund. In fact, many of our donors chose this vehicle to donate to our Annual Fund.

The basic steps to use a donor advised fund (DAF) include:

- Set up an account with a national sponsoring organization such as Fidelity Charitable, Schwab Charitable, Vanguard Charitable, or the National Philanthropic Trust (this is not an exhaustive list).
- Fund the DAF with cash, securities, or non-cash assets such as real estate. You will receive your tax deduction when you donate, and you may continue to fund the DAF at any time.
- Contact your DAF to request a grant be made to Hopewell. Grants can be pre-scheduled or set up as recurring grants. You can also name Hopewell as a successor to your DAF. Hopewell will acknowledge your contribution but not send you a tax receipt.



For more information about giving to Hopewell through a donor advised fund, please consult your tax professional. If you have any questions about supporting Hopewell, please contact **Meghan Pitrak, Director of Development**, at [mpitrak@hopewell.cc](mailto:mpitrak@hopewell.cc) or 440-247-0912.

## from the WISHING WELL

*We appreciate non-monetary gifts-in-kind which  
enhance our activities and programs.*



### AMAZON WISH LIST

Visit our website at [hopewellcommunity.org/support-us/wishing-well](https://hopewellcommunity.org/support-us/wishing-well) or click on this QR code with a smart device to see items on our Amazon Wishing Well list. Purchases will be shipped directly to the farm.

If it is more convenient, please make a monetary contribution and indicate which item(s) you would like us to purchase on your behalf.

Please contact **Meghan Pitrak, Director of Development** ([mpitrak@hopewell.cc](mailto:mpitrak@hopewell.cc) or 440-247-0912) if you are interested in donating gifts-in-kind.

### GIFTS-IN-KIND WISHED GRANTED!

**MARILYN AND SCOTT MCDONALD**  
DJI mini-drone

**CHARLES F. BRUSH HIGH SCHOOL**  
Salad bar

### BUTTERNUT MAPLE FARM

- Consulting Services provided by Pierre Delafrancioni to evaluate and set up Hopewell's sugar house, check maple trees, and process sap into maple syrup
- Coster Reverse Osmosis Machine for maple-sugaring

# HOPEWELL COMPASS POINTS

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At Hopewell, we empower individuals to function at their highest level of effectiveness, leading to a more satisfying, self-reliant, and independent life, both during and after their stay.

Using the healing powers of clinical engagement, our therapeutic community, nature, and meaningful work, Hopewell's program transforms the whole person: mind, body, and spirit.

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